



DONNA RHODES

Kailey May Collins and her family celebrated not only her 12th birthday, but acknowledged the Town of Tilton's 150th anniversary too with their float that was named Best in the Parade for this year's Tilton-Northfield Old Home Day celebration.



DONNA RHODES

Winnisquam Whinnies 4-H members Olivia and Tatiana towed a couple of chickens along the Tilton-Northfield parade route as part of their entry in the Old Home Day celebration last Saturday, which also was awarded the title of "Most Creative" this year.

Community throws birthday party for Tilton and Northfield

BY DONNA RHODES
drhodes@salmonpress.news

NORTHFIELD – There was a rolling party in the streets of Tilton and Northfield on Saturday, June 29, when their annual Old Home Day parade made its way through both towns with the theme of "Celebrating Birthdays Throughout Our Community."

This year marks the 150th Anniversary of the incorporation of the Town of Tilton and selectmen from that community had a giant birthday cake aboard their float to mark the special occasion. It wasn't just their birthday that was celebrated however. New Hampshire Veterans Home also celebrated WWII veteran Walter Pierce whose 100th birthday

was occurring on July 3, and their oldest resident, Joe Benning who turned 101 earlier this year.

Party hats, balloons and American flags decorated their many parade en-

tries as the veterans and staff of NHVH wished

SEE **OLD HOME DAY**, PAGE A11

Belmont celebrates 150th anniversary

BY DONNA RHODES
drhodes@salmonpress.news

BELMONT – A day after the nation celebrated its 243rd birthday, the Town of Belmont held its own 150th anniversary party, marking the date it separated from Gilmanston and became officially known as Belmont.

Early in the day of July 5, Barbara Howell of the Belmont Post Office set up a table at the bandstand to offer one-time only postage cancellations honoring the town's sesquicentennial celebration. The cancellation stamp read,



DONNA RHODES

On July 5, Belmont selectman Ruth Mooney cut into a special 150th Anniversary cake for the Town of Belmont as fellow selectmen Jon Pike and Sonny Patten looked on.

"Celebrating 150 Years, Belmont Station, Belmont, N.H. 03220, July 5, 2019" with the town seal beside it.

At 6 p.m., however, the bell atop the Belmont Mill rang out across the village and residents gathered around the bandstand to honor their history.

Town Administrator Jeanne Beaudin got the event underway by introducing Deputy Fire Chief Mike Newhall and Police Chief Mark Lewandoski, who led everyone in the Pledge of Allegiance. Selectman Ruth Mooney then

SEE **BELMONT**, PAGE A10

Navy veteran celebrates 100th birthday

BY DONNA RHODES
drhodes@salmonpress.news

TILTON – Family, friends, staff and residents gathered together at the New Hampshire Veterans Home on July 3 to wish retired Lt. Commander Walter Pierce of the U.S. Navy and Naval Reserves a very happy 100th birthday.

Pierce's oldest daughter Diane Murphy said her father graduated from Fitchburg College in 1941. One of the first things he then did was to contact the Boston Naval Station to tell them, "Call me up. I want to be a pilot."

Pierce went on to become a pilot in the VPB-34 Squadron during WWII. His job was to fly Catalina sea planes on overnight bombing missions and pick up any downed pilots as well. In addition to that, Pierce



DONNA RHODES

During his 100th birthday party held at New Hampshire Veterans Home in Tilton, Walter Pierce enjoyed a dance with Recreation Assistant Jen Pickard.

was instrumental in dropping Army Alamo Scouts off on occupied islands in the south Pacific to look for Japanese soldiers. He was even noted for his work with the Alamo Scouts in a chapter of the book "Silent No More" by Lance Zedrick.

Active in the Navy from 1941-1945, Pierce then signed on with the Naval Reserve, serving in that capacity until 1959. He was married to his first wife, Phyllis May Hancock until her death in 1982. The couple had two daughters SEE **BIRTHDAY**, PAGE A10



DONNA RHODES

Last Sunday afternoon, Tilton town officials took part in the ceremonial burial of a time capsule containing glimpses of life in their community today that will be uncovered for the town's bicentennial celebration in another 50 years. From left to right are Town Clerk/Tax Collector Cindy Reinartz and selectmen Pat Consentino, Peter Fogg, Jon Scanlon and Katherine Dawson (missing from photo Selectman Joe Jesseman).

Time capsule offers a glimpse into Tilton's past

BY DONNA RHODES
drhodes@salmonpress.news

TILTON – Now en-

tering its 150th year, the Town of Tilton honored the past, celebrated the

present and acknowledged the future last SEE **TILTON**, PAGE A11

INDEX

Classifieds.....B4-9
Editorial Page.....A4
North Country Notebook...A5

Obituaries.....A6
SportsB1-3

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Tilton & Northfield celebrate Old Home Day

*ALL PHOTOS BY DONNA RHODES



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New local landmark honors legacy of Wallace Rhodes

BY DONNA RHODES
dhrhodes@almopress.news

BELMONT – As part of Belmont's July 5 celebration for the 150th anniversary of the town's incorporation, Vicki Donovan of the town's Heritage Commission, and Diane Marden, representing the Belmont Historical Society, paid tribute to former Town Historian Wallace Rhodes who passed away on July 17, 2017 at the age of 82.

In their speeches, both women praised Rhodes for his dedication to the



(Left) During the 150th Anniversary ceremonies for the Town of Belmont, a granite bench was dedicated to former Town Historian Wallace Rhodes. Honoring his memory that day were (left to right) his cousin Elaine Corriveau, Vicki Donovan of the Belmont Heritage Commission, Diane Marden of the Belmont Historical Society, and friend and fellow historian Linda Frawley who worked with Rhodes on commissions, committees and preservation projects for several years.

town and his tireless efforts over several decades to preserve the history of Belmont.

When the town celebrated its centennial anniversary in 1969, Rhodes did his part by not only pitching in for the commemoration, but by writing a book, "Reminiscences of a New Hampshire Town," that contained photos, stories and facts about the community once known as Upper Gilmanton.

"He was a generous soul who would do anything he could and served in many ways," said Marden. "He worked diligently to preserve Belmont's precious history."

When a five-alarm fire on Aug. 14, 1992 all but destroyed the Belmont Mill, once a major employer for residents of the community, Wallace was the one first who saw the need to restore the building that was the anchor of Belmont Village. Over the course of six years, he applied for grants, coordinated contractors, and saw the job through to the end. In 1998 Rhodes was able to give the restored building back to the residents of Belmont and it remains an important focal point of the village today.

Donovan also lauded Rhodes' efforts in saving the Province Rd. Meeting House and other historic structures in the town. Besides his grant work, record keeping, speaking engagements and writ-

ing, she said he was also a painter who focused on the town's scenery and historic significance.

"He did it all and it was all for Belmont," Donovan said. "Belmont was his hometown, his life, and he dedicated everything he did to make it better for the young and old, but especially for remembering the importance of its past."

In memory of Rhodes, Donovan announced that the Historical Society recently placed a plaque on the side entrance to the Belmont Mill that reads, "In honor of Wallace Rhodes 1934-2017. Local son, Town Historian, and Savior of this mill."

The Heritage Commission also wished to pay tribute to Rhodes for his years of dedication to the town. During the July 5 celebration, she asked the crowd to note a white balloon aloft in the air behind the village green. Donovan said it was placed there that night as a marker for a new granite bench that has been dedicated to Rhodes for his many contributions to heritage, town history and preservation.

"From that spot where the bench is placed [on the path between the mill and Slippery Rock Covered Bridge], one can see the mill, the library and the bandstand; three places that were near and dear to Wallace, just like Wallace was near and dear to us and the Town of Belmont," said Donovan.

Galileo to visit the Belmont Public Library

BELMONT — Registration for the library summer reading program for all ages is now open and weekly participation prizes include amusement park and movie tickets. See the library or visit the Web site for details.

Middle schoolers will create their own nebula in a jar on Monday, July 15, at 5:30 p.m. The same group is invited to an after-hours Minute to Win It challenge Tuesday,

July 23 when the library closes at 5 p.m. There will be snacks! Please RSVP.

The Belmont Senior Center book group is reading "The Map of Salt and Stars" by Jennifer Zeynab Joukhadar on Tuesday, July 16, at 10:30 a.m. at the Senior Center. Our Friday Fiction book group discusses "The Calculating Stars" by Mary Robinette Kowal on Friday, July 19, at 10:30 a.m.



COURTESY
Michael Francis as Galileo
"The Starry Messenger," presented by Michael Francis, is a

dramatic fun-filled adaptation of Galileo's short treatise "Sidereus Nuncius." Galileo (dressed in 17th-century costume) arrives to present a public lecture on his most recent discoveries made using his newly-devised spyglass. As he describes those discoveries, Galileo's new method of observation and measurement of nature become apparent. Throughout the

SEE GALILEO, PAGE A11

Belmont students receive grant to study effects of road salt

BELMONT — Two Belmont Students have been awarded a \$5000 grant from the Marjot Foundation. The grant will allow the students to conduct research on the effects of road salt on forest and lotic ecosystems.

One of the students, freshman Chris Pare, says that, "Sometimes the things that we consider to be safe to use, such as road salt, proves to have vast effects on local ecosystems. What we hope to do through this grant is to develop and understand the extent of its impact here in our community."

The other student, junior Mercedes Mycintyre, presses that "For me starting to look at college and wanting to major in Earth Science and become a Wildlife Biologist, this is such a great opportunity. It's an even bigger opportunity for Chris to see what being in the field is like. We also will be going to a meeting with the Conservation Commission in Belmont to update them on our research."

Over the next year, Chris and Mercedes will be collecting vast amounts of data within the Tioga watershed. They are mainly gathering data from two separate areas, which



(Left) Belmont students Chris Pare (Freshmen) and Mercedes Mycintyre (Junior) have been awarded a \$5,000 grant to study the effects of road salt on forest and lotic ecosystems.

are both under the wetlands ecosystem. The Tiago River runs through both areas; however, one of those areas is downstream from the road, whereas the other is upstream. This will allow for one area to

SEE GRANT, PAGE A11

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Opinion

A4 Thursday, July 11, 2019

WINNISQUAM ECHO

STRATEGIES FOR LIVING

The cancer conundrum

BY LARRY SCOTT

I was enjoying a pleasant summer afternoon aboard Angelica, the 40-foot sailboat that had been my home for the previous five years. With cool breezes coming off Liberty Bay, I was relaxing on the front deck of my boat when I received an ominous phone call from my Urologist. Results from my recent prostate exam had come back positive; I had prostate cancer.

Birthing in the Poulsbo (WA) Yacht Club, this was not the way I wanted to spend my 4-day break from trucking. I was living alone, approaching retirement, and about to re-marry the sweetheart of my youth. This was a complication I did not need.

But there was no rush, said the Urologist. Untreated, it would ultimately take my life, but it had been caught in its early stages, and I had time. Laparoscopic surgery followed within a few months and as surgeries go, it was a "piece o' cake." I have been cancer-free ever since.

My decision was aided by an experience I had some years before. At a family gathering, I met David Stidham, recently married to my oldest sister. I was, however, able to talk with him for but a few minutes. An unattended mole on his back had metastasized and by the time I met him he was in the throes of chemotherapy and a very sick man.

The issue here – and it was instructive to me – was that Dave knew of the mole on his back but did nothing about it until it was too late. If he had attended to it early on, he might have lived to see his young son grow into manhood. But despite chemotherapy, it took his life in just a matter of months.

I make a point of this, for what cancer does for us on a physical level, sin does for us on a spiritual level. There lurks within each of us the possibility for one of our cells to mutate into a cancer cell. And in much the same way, we have been born with a predisposition to sin.

Defined here as self-centered rebellion against the known will of God, sin is typical to our human nature. It encroaches on our lives, driving us further and further away from the person God created us to be. Left "untreated," sin will ultimately doom us to eternal death.

But this death, characterized in the Bible as eternal separation from God, need not be. A righteous and holy God gave of Himself in the person of His Son, Who took on Himself the penalty divine justice demands for our sin. In the words of the Apostle Paul, "The wages of sin is death but the gift of God is eternal life through Jesus Christ, Our Lord." Jesus died in our place, assuming the death we deserve, that we might enjoy, even in the here and now, a dynamic relationship with God.

In light of my own spiritual experience, it is difficult for me to understand why accepting God's authority is such a difficult decision for so many. I will grant that welcoming Jesus Christ as the Lord of our lives may demand changes to our lifestyle, but God never takes more than He gives in return. The peace that comes from knowing your sins have been forgiven, the sense of God's presence in your life, and the assurance that heaven awaits, beats anything this life has to offer.

For further thought, follow me at indefenseof-truth.net.

Send your letters!

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COURTESY

Members of the Fire & Iron Motorcycle Club present the Pines Community Center was presented with an AED last Tuesday, a tool to help them save a life in the event of a cardiac emergency. From left to right are Fire & Iron club members Jake Clark, Alan Gosselin, Pat Alfonsi, Matt Auger, Willie Currier; PCC Board members Jennifer Haskins, Scott Haskins, and Rosemary Welch; Executive Director Brittini Stewart and Recreation Director Samantha Magoon of PCC; and Robert Bousquet who not only facilitated the donation from the club but teaches CPR/First Aid and AED training to the community center staff.

LETTERS TO THE EDITOR

A special thanks to Tilton's 150th Committee

To the Editor:

On Sunday, June 30, Tilton started a year-long celebration of its 150th birthday. While there were some showers, it didn't dampen spirits! Nearly 100 folks showed up to sing happy birthday to Tilton. We opened the 1969 time capsule and buried the 2019 time capsule. Many thanks to so many who made it a success—from our Town Clerk/Tax Collector Cindy Reinartz and Selectman Katherine Dawson who spearheaded the capsule event, to our Department of Public Works crew who worked tirelessly to make sure River Front Park was ready to greet our guests.

And on Saturday, we were able to ride in a spectacular float celebrating our 150 years thanks to Kelley Sedgley, Chair of the 150th Committee, who

designed and built this tribute (with lots of help from volunteers) to Tilton.

Finally, our Summer Fair and Street Dance, led by Judy Tilton happened the week before and literally had folks dancing in the street—another huge success!

Thanks so much to the 150th Committee members, Kelley Sedgley, Judy Tilton, Selectman Katherine Dawson, Johanna Ames, Allan Powell, and Selectman Joe Jesseman for having the vision and commitment to help Tilton celebrate 150 years!

On behalf of the Tilton Selectmen,
Jeanie Forrester
Town Administrator

Democratic debate — no growth except for government

To the Editor:

With the Session over for the Summer, I am taking time to write on current issues. The Legislature left a large conundrum on the table when it passed an irresponsible budget that the Governor had to veto. Hopefully we will be able to come to a consensus on a budget that will fit into our means and way of life in New Hampshire. The majority party seems to not understand this. Our generation does not have the right to saddle our children and grandchildren with crushing large socialist debt. Our parents and past legislatures left us in good shape. We need to do the same. The 1000 Clowns show this last week is how not to do that.

In the Democratic Presidential debates there were many noble proposals put forth to have the Federal Government spend billions and trillions of dollars to create a bureaucracy to administer Medicare for all, free college tuition, forgiveness of student loans and more. These candidates have come up with a myriad of ways to tax the producers of economic growth to fund these programs. But they cannot show the American people the arithmetic that will pay for all of their free programs that are not free at all.

Not one candidate gave a proposal that would reduce the wasteful spending of the Federal Government. Not one candidate gave forth a proposal as to how they will achieve economic growth so wages in the private sector will grow. You cannot grow wages through more government spending. You can raise wages through a growth rate of our economy above 3% annually. Obama-Biden economists said that 3 percent plus growth rate was no longer possible. President Trump did not believe that the days of growing our economy are over. He has put policies in place to achieve that growth. The Democrats will give our younger generation crushing national debt that will be impossible to repay. This generation does not have the right to leave our children with this crushing debt.

New Hampshire's budget mirrors what is suggested at the Federal level. We can and must do better. If you want to talk or have coffee contact me at 320-9524 or dave@sanbornhall.net.

Cheers!
Dave Testerman
State Representative
Hill and Franklin

FRANKLIN VNA & HOSPICE'S HEALTH CORNER wellness tidbits to keep us all a little healthier

Stay safe in the sun

Even in the fickle-weathered granite state, July is a reliably hot and sunny month where we can barbecue, swim and play outside through the long days. With that welcome warmth also comes UV exposure from the sun, and the familiar reminders to wear sunscreen. We thought that in honor of July being National UV Safety Month, a review of this often forgotten, but important protection, was in order.

Sunscreen, when used correctly, blocks most UVA and UVB ra-

diation from reaching our skin, which then protects us from the harmful carcinogenic effects. These can include, wrinkling, sagging, age spots, eye damage and, most deadly, skin cancer. Melanoma, the deadliest of the bunch kills more than 8,000 Americans each year. Make sure the one you buy says it offers "broad-spectrum" protection since that's the kind which offers us the most protection.

The SPF number on the label helps you know how much UVB is blocked. SPF 15, the

lowest number you should use, blocks about 93 percent of the rays, while SPF 30 and SPF 50 block 97 percent and 98 percent, respectively, per skincancer.org. No sunscreen can block 100 percent of the damaging rays, and all need to be reapplied every two hours to keep working, or after swimming, toweling dry or even a heavy sweat. Anyone over six-months old should wear sunscreen, those 6-months and under should be kept out of the sun.

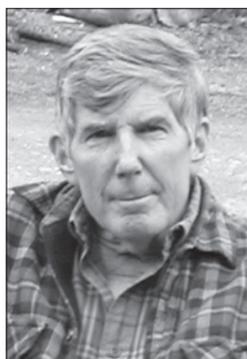
Wondering what UVA and UVB are? They are both forms of ultraviolet radiation. UVB is shorter in wavelength than UVA, and is the one that makes gives us sunburns. It damages the surface layers of our skin, causing wrinkling, age spots and cancers. It can't penetrate glass, it gets reflected off, but it also reflects off snow and ice so we can become sunburned even in the winter from this.

UVA accounts for 95% of the UV radiation that reaches us from the sun and can go through clouds and glass to damage us! It damages deep

SEE HEALTH, PAGE A12

NORTH COUNTRY NOTEBOOK

A kid scared half to death by an eel that stayed home



By JOHN HARRIGAN

COLUMNIST

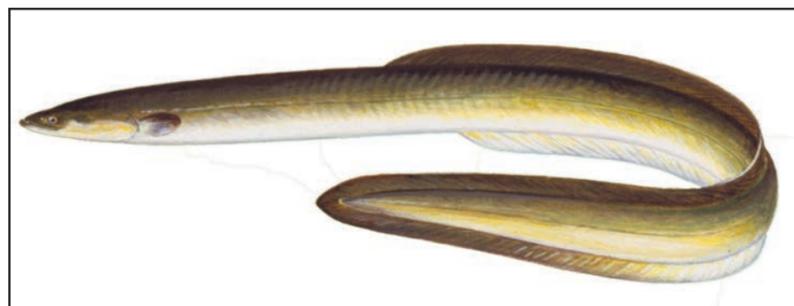
Editors tend to have long memories, and some readers, too, so parts of this story may look familiar. It's about (sort of) this typical Ozzie-and-Harriet neighborhood kid (me) catching a very big, very snake-like, very scary three-foot eel.

Friends have told me that this is one of many components of what makes me...well, me... and that I need therapy. My handy reply is that I can't afford the co-pay.

It was a beautiful spring day, Beaver Brook and its mill pond reflecting a sky almost as blue as Sinatra's eyes. Okay, not quite—maybe Paul Newman's.

Now there was a class act—Redford and Newman, who had great fun making movies later in their careers that helped a confused crop of Baby Boomers make the hump into the next generation, and amount to something. I think of Newman every day because I'm an assiduous user of his salad dressings, the profits from which his foundation donates to charity.

Just as I know the script for "Jeremiah Johnson" almost line for



An American eel, looking a lot like a very long, very big, dangerous and nasty snake. Well, to a kid at least. (Photo courtesy Fish and Game)

line, I have a particular fondness for "Butch Cassidy and the Sundance Kid." Anything in the script that coincides with the real story, which occurred in the 1890s, is purely accidental.

Anyway, my favorite line is spoken three times (I think), I'm not quite sure by whom, and it's "Who are those guys?" as they look back at a pursuing posse.

+++++

As a kid of seven or eight or so, I already knew about the Sargasso Sea, a place northeast of the Caribbean where conflicting ocean currents create a gigantic sort of whirlpool, and where a particular kind of sea-weed grows (right, sargassum). One of the few comic books our parents would allow in the house (or we had the money for anyway) was the Popeye series. Popeye, as I recall, was always running off to the Sargasso Sea, or at least threatening to. Maybe that's where Olive Oyl came from, I don't know. Another thing from those early days of learning is that I like spinach.

+++++

One of the Fish and Game's major connections to kindred spirits and the rest of the world is Wildlife Journal, published bi-monthly. The summer issue offered up not just eels but also great photo-features by Tim Acerno (the making of a K-9 law enforcement partner) and quaking bogs (Nicola Whitley).

I have some experience with quaking bogs, which are glacially formed kettle-hole ponds gradually taken over by vegetation. The vegetation eventually takes over the entire surface of the pond, forming a mat that increases in thickness over the years, but up to 30 feet of water remains beneath.

On a birding trip

spinoff one year, I went into South Bay Bog on First Connecticut Lake. It was (and still is, I guess—I haven't been there in years) a classic quaking bog. The mat of vegetation covering what used to be the center of the bay was thick enough so you could walk on it, but your footsteps created waves below, and made the encircling black spruces sway.

If you pointed your feet straight down, and jumped a couple of times, you would go right through, and get wet as a trout.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

MARK ON THE MARKETS

Have enough?



BY MARK PATTERSON

Almost 100 percent of new clients that walk into my office to discuss their retirement plan have two beliefs that are consistent. First, they believe that they do not have enough money to retire and second is that they believe the amount of money that would allow for a comfortable retirement is predetermined by the "experts" on the radio, TV or

magazines, and that number is more than have accumulated. Another common perception is that the tax rate will be lower once the client reaches retirement age. This may be true or it may not be true. There is no way to know tax policy and rates in the future.

Some clients want to work well beyond traditional retirement years; however, some clients want to retire early by today's standards. Instead of focusing on total assets needed to retire let's back in to what income you will need to sustain the lifestyle that you want. We must also account for the fact that the money that you are saving for retirement now will not be included in your retirement budget. The key is to convert your retirement assets into income producing vehicles that are sustainable, steady but have the potential to grow.

It sounds like a tall order, and it is. This plan depends on the amount of income that we have to derive from the client's assets. We must also look at Social Security benefits that typically play a big part in the client's retirement income. Congress has done away with some previous filing strategies but it

SEE **MARKETS**, PAGE A12

LRPC offers opportunity for hazardous waste disposal

REGION — As many Lakes Region residents are aware, the Lakes Region Planning Commission (LRPC) will be holding the annual Household Hazardous Waste (HHW) Collections later this summer. Collections will run from 8:30 a.m. to noon. On July 27, bring your hazardous waste to the Belmont Fire Station or Public Works Garages in Franklin, Gilford, & Meredith. On August 3rd HHW will be collected at the NH DOT Garage in Bristol, the Public Works Garage in Laconia on Bisson Avenue, and the Town Highway Garages in Center Ossipee and Moultonborough. Residents and residential taxpayers in the participating communities may bring up to 10 gallons or 50 pounds of Household Hazardous Waste (HHW) to the one collection site that is most convenient for you.

Rid your home of hazardous products such as oil-based paint and stain, lawn and garden chemicals, kitchen and bathroom cleaners, and automotive products. As a reminder: Latex paint

and alkaline batteries are not considered HHW and will not be accepted on the collection days. These products can go in with the household trash (dry

SEE **LRPC**, PAGE A10

30th Annual
CRAFT FAIR
at the Bay

Alton Bay Community House & Waterfront
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Saturday, July 13
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Judith Swart Webb, 76

SANBORNTON — Judith Swart Webb died peacefully at home on June 28, 2019 after enduring months of pancreatic cancer pain and its ultimately unsuccessful chemotherapy treatment.

She leaves her husband of 39 years, Shipp Webb; her daughter, Mira Gerard of Johnson City, Tenn.; her sister, Kate Canning of W. Rupert, Vt.; and a brother, Peter Swart of Riverside, Calif.

She was born in Rhinebeck, N.Y. on Oct. 11, 1942 to Craig and Carolyn Swart and



grew up in Weston, Vt. Judith lived in New Hampshire and Florida for several years, and then moved to Seawane, Tenn., where she lived for about 30

years. She and her husband Shipp founded and operated a handcrafted jewelry business. They travelled to craft shows throughout the south-east and sold their jewelry to shops across the US and as far away as Guam. They retired and moved to Sanbornton, New Hampshire, in 2007.

Judith was a talented artist and crafts-person but her main focus was on the spiritual dimensions of life. While running a Christian coffeehouse in Laconia, she was

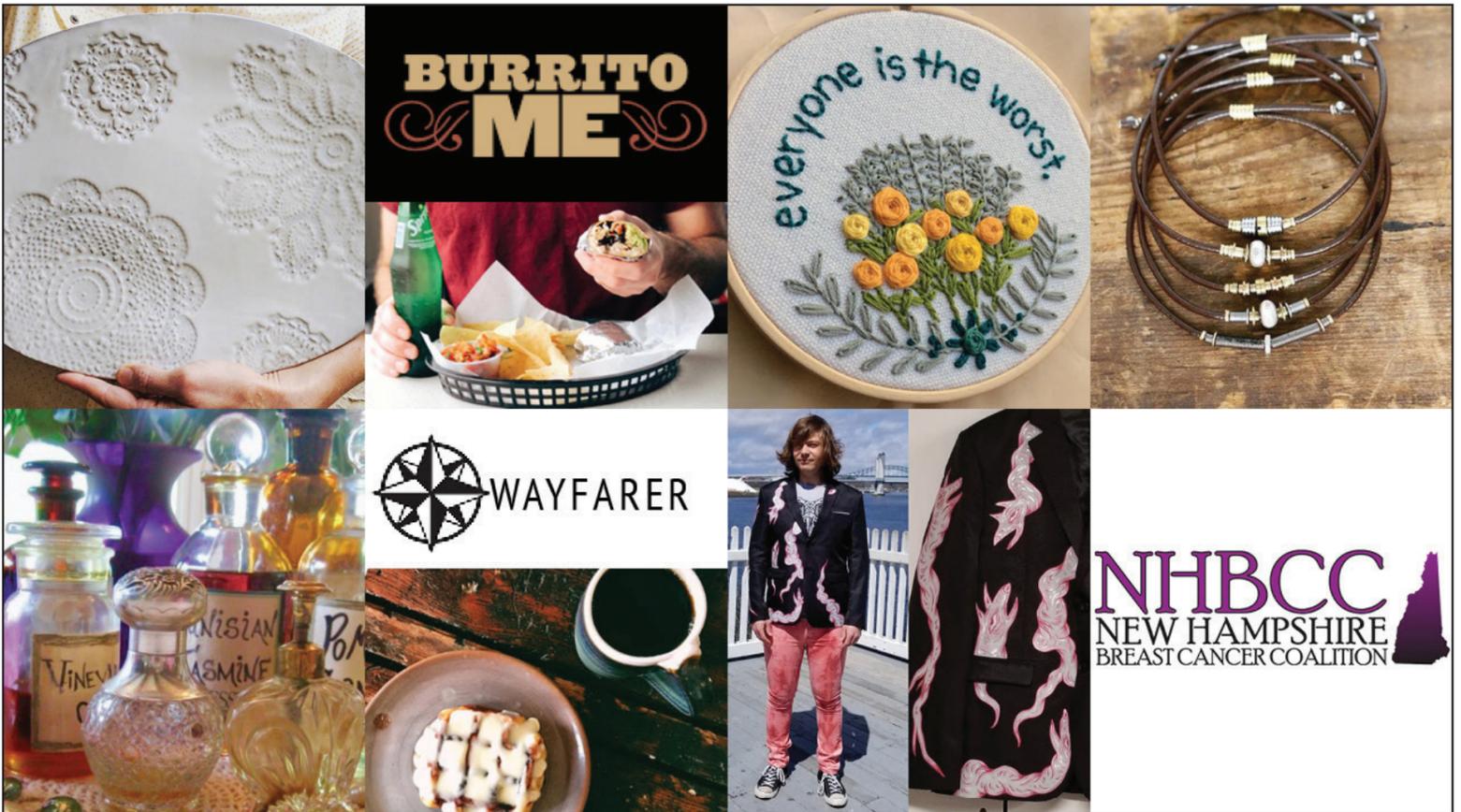
attracted to the teachings of Kirpal Singh of Delhi, India. He had visited Sanbornton in 1963 and founded Sant Bani Ashram which is a retreat center where people come to meditate and reflect on his teachings. Judith became the first resident in 1964. She made many trips to India to gain more instruction in meditation and deeper insight into the basic philosophy of merging the individual soul with God.

She made a determined effort to understand the web of life

and created a huge beautiful flower garden that was also a food source for insects and birds. She also was an avid bird feeder and usually was outside before dawn making sure the feeders were full when the birds arrived—even in winter snow storms.

A memorial service was held at Sant Bani Ashram, 30 Ashram Rd., Sanbornton, on Sunday, July 7 at 4 p.m. All are invited to walk to the ashram cemetery for interment which will be followed by a reception.

Judith was a tireless volunteer and board member at Pyareo Home, a vegetarian assisted living facility in Sanbornton. She expanded the gardens and attracted birds by putting up houses and bird feeders. Attempts to block squirrels from the feeders provided endless entertainment for the residents. Memorial gifts may be made to Pyareo Home, 333 Brook Rd., Sanbornton, NH 03269 or online at www.pyareo-home.org.



Space still available for Pop Up Extravaganza

Pop Up Extravaganza is a one-day unique shopping event at Pitman's Freight Room, 94 New Salem St. in Laconia. The event is designed to offer artisan crafts and experiences completely new to the lakes region, featuring clothing, jewelry, needle and fiber arts, pottery, a custom parfumerie, and a mini photo studio for fast, fun, high quality professional portraiture. Burrito Me and Wayfarer Coffee Roasters will be offering a special food and beverage menu available only at the Pop Up. Proceeds from this event will benefit the New Hampshire Breast Cancer Coalition www.nhbcc.org. For more details about the Pop Up, please visit www.popupextravaganza.com. There is still some vendor space available, please contact us through the website for information. Presented by Melissa McCarthy of The Studio, 598 Main St., Laconia and Evelyn Lamprey.

COURTESY

Dine "Under the Tent" at 22nd annual Jewish Food Festival

LACONIA — Once again, the event to attend this summer is The New Hampshire Jewish Food Festival at Temple B'nai Israel, 210 Court St. in Laconia on Sunday, July 14th, from 11 a.m.-2 p.m. People will be coming to-

gether from all over New Hampshire and beyond to enjoy the memories of the tastes and smells from the kitchens of Jewish mothers and Bubbes (grandmothers) through the ages...from traditional Jewish cooking

to delicatessen delights to amazing desserts and more! Don't just dream of the luscious homemade delicacies from the kitchen of Temple B'nai Israel...plan to be there.

The Jewish Food Festival in Laconia ranks with the best due to TBI's talented cooking crew of women and men who have been gathering before Festival Day for planning and recipe selection as well as participating in dozens of cooking and baking sessions in the temple kitchen. Per Committee Chair Stu Needleman,

"Our cooking teams have prepared hundreds of servings of the most delectable foods. We have purchased, cooked and hand sliced nearly 200 pounds of everyone's favorite meats and baked dozens of varieties of cakes, cookies and other desserts. But no matter how much we have, everything goes quickly. So, don't be late and risk having your favorite item sold out!"

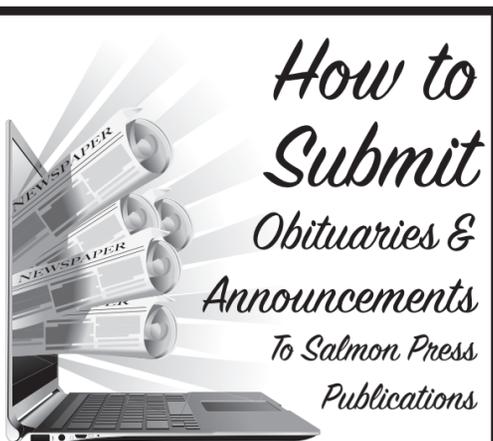
Along with the homemade favorites the Jewish Food Festival features corned beef,

pastrami and tongue from Evan's New York Style Deli of Marblehead, Massachusetts. Evan's meats are cooked on premises, in his restaurant, and dedicated TBI volunteers make the trip to bring these delicacies to New Hampshire. Just added for 2019, fresh bagels will be available to purchase at Food Festival special prices. TBI has partnered with locally owned and family run Winnepesaukee Bay Gulls, located in Gilford and Moultonborough, where bagels are baked daily using only the finest ingredients. Look for prepackaged bagels on the bakery table.

On Festival day enjoy your favorite deli sandwich, homemade brisket, corned beef, pastrami, or tongue, on rye or roll, served with coleslaw and dill pickle. Luscious cheese

blintzes with strawberry sauce and potato and meat knishes will be hot and ready to eat. Did someone say dessert? A mouthwatering selection of cakes, cookies, pies and traditional sweets awaits you.

There will also be a limited supply of traditional foods to take home and enjoy including blintzes*, beef brisket*, meat knishes*, potato knishes*, latkes* (potato pancakes), matzo ball soup*, noodle kugel*, and stuffed cabbage*, packaged and frozen. Freshly packaged chopped herring and chopped chicken liver will be available as well. (*Items only available to take home.) All questions may be directed to foodfestival@tbinh.org.



How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers.

Obituaries can be sent to: obituaries@salmonpress.com
Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 101
with any questions regarding
the submission process.

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Belknap Mill Society presents Kids in the Park program

LACONIA — Kids in the Park, a new program being offered by the Belknap Mill and sponsored by Laconia Kiwanis began Monday, July 1 with a Workout in the Park. Kids of all ages enjoyed movement activities in Riverside Rotary Park under the supervision of Janine Page and Trish Tryon from the Downtown Gym.

The Kids in the Park series focuses on fun, interactive activities for Lakes Region children and their families while enjoying one of Laconia's most beautiful public parks. The program runs every Monday, Wednesday, and Friday in July offering a different program each day. Program calendars can be found online at www.belknapmill.org, the Belknap Mill Facebook page, in Laconia Links and in hard copy at the Belknap Mill. All activities will be held rain or shine. In cases of inclement weather, the activity will be moved



Janine Page from The Downtown Gym leads kids in a fun and energetic workout in Riverside Rotary Park in downtown Laconia. Activities are open to the community every Monday, Wednesday and Friday in July. For more information contact the Belknap Mill at 524-8813.

COURTESY

town Gym, Cassandra Prescott (Yoga), Cactus Head Puppets, Ben Low (Tai Chi), Donna Miller (Petals in the Pines – a Certified Nature Explore Classroom), Beyond the Belt, Laconia Kiwanis, Rob Duquette (music), Jennifer MacDonald (Jazzercise), Squam Lakes Science Center, Tekla Frates (Yoga), and Frates Creates (magic & storytelling).

For more information regarding Kids in the Park, other programming or the Belknap Mill, please contact Tara Shore at operations@belknapmill.org, call 524-8813 or follow us on Facebook.

The Belknap Mill Society is a 501(c)(3) nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region's cultural heritage through the arts, education and civic engagement.

inside of the Mill. Kids in the Park is a free community program, and all children must have adult supervision.

Partners for the 2019 series include the Down-

LRPA's salute to '40s cinema continues with "The Outlaw"

LACONIA— Last July, LRPA featured movies from the "Fabulous Fifties." This July, we're showcasing cinema from the previous decade: "The Forties in Film." Although the 1940s began slowly for the Hollywood film industry (with a world at war), by mid-decade movies were on the rebound. The great film themes of the 1940s included war and the home front, heroic Westerns, lavish musicals, and by the end of the decade, the beginnings of film noir. Join us each Friday and Saturday night at 10:30 p.m. as we salute this remarkable time in cinematic history. This weekend (July 12 & 13) we present 1943's gripping Western "The Outlaw," starring Jane Russell, Walter Houston, Thomas Mitchell and Jack Buettel.

Sheriff Pat Garrett (Mitchell) is pleased to greet his old friend Doc Holliday (Houston) as he arrives at the Lincoln, New Mexico train depot. Doc is there to search for his horse Red, who has been stolen by none other than Billy the Kid (Beutel). Garrett tries to arrest Billy, but Doc takes a liking to the young gunslinger – much to Garrett's displeasure. Things take a turn for the worse after Billy is shot and Doc hides him at the home of his girlfriend, Rio McDonald (Russell). The two soon fall for one another. This love triangle comes to a head when Garrett needs the help of the two gunslingers during an Indian attack. But in the end, who will win the heart of the sultry Rio? And

what's to become of Doc's trusty steed Red?

"The Outlaw" has the distinction of being directed and produced by none other than the illusive millionaire Howard Hughes, who wanted his film to be the "Western to break all the conventions of the Westerns." Hughes did create a film that is upfront and unapologetic about the relationship between Rio and Billy, so much so that the Hayes Office strongly objected to the film's "racy dialogue and situations." Hughes defied the Hayes Code, making "The Outlaw" the first American film to do so. The movie may best be remembered as the debut of the gorgeous Jane Russell. Hughes worked with a Hollywood publicist to turn Russell's "assets" into box office gold. The teaser billboards for "The Outlaw" featured Russell in a seductive pose, wearing a low-cut blouse while reclining on a haystack, with a caption that read, "What are the two reasons for Jane Russell's rise to stardom?" Indeed, "The Outlaw" is the film that made her a star. So grab your popcorn and join LRPA after dark for this lusty Western from the past.

Mark your calendars for all of July's Forties in Film on LRPA:
 July 12 & 13: 1943's "The Outlaw"
 July 20 & 21: 1947's "Till The Clouds Roll By"
 July 26 & 27: 1945's "Detour"

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband

Channel 25. Not a subscriber? Then log onto Live Stream through our Web site (www.lrpa.org) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA) Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 viewers in our member communities

of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology. LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

PET OF THE WEEK CODY

Cody is a handsome 1 year old bulldog mix that came to us through southern transport. He currently knows sit and down, and is very food motivated and ready to learn. Cody is currently looking for an adult-only home, may be picky about his dog friends, and may chase cats. He will need lots of love from his adopters, and someone willing to put in some training with him.

Please come and see Cody, you may just fall in love! Check www.nhhumane.org or call 524-3252 for more information.

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Chris Adams

RE/MAX Bayside's Chris Adams named one of region's top agents

MEREDITH — Chris Adams of RE/MAX Bayside has been named one of the top 30 agents in New England for May, 2019, according to RE/MAX International. Chris has lived and worked in the Lakes Region for over twenty-four years and has been with RE/MAX Bayside since 2016. He has extensive experience as a real estate investor.

Adams says, "Integrity, respect, service and teamwork are my core values and I am extremely excited to have received this recognition."

"Chris has been an integral member of our team and is more than deserving of this recognition," said Rob Wichland, Owner/Broker.

In addition to excelling in the real estate industry, Adams actively supports the Boys & Girls Club of the Lakes Region and is a member of the Mayor of Laconia's Human Relations Committee.

RE/MAX has nearly 90,000 agents worldwide and continues to lead the industry in top markets with cutting-edge technologies like the comprehensive property search engine on www.remax.com and RE/MAX University, which provides associates with award-winning programming, coaching and training.

About RE/MAX Bayside

RE/MAX Bayside is a locally owned and operated full-service real estate brokerage located in Meredith and Laconia, New Hampshire. Founded in 2008, the brokerage has 25 Realtors® and specializes in both residential and commercial real estate. RE/MAX Bayside is a proud supporter of Children's Miracle Network Hospitals® along with many other local and regional charities, and is located at 208 Daniel Webster Highway, Meredith and 604 Main Street, Laconia, New Hampshire. To learn more, please visit www.BaysideNH.net.

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Music Festival performers at Taylor Community, July 14

LACONIA — The 2019 Taylor Concert Series, sponsored by the Bank of New Hampshire continues Sunday, July 14 at 3 p.m. in Taylor Community's Woodside Building with New Hampshire Musical Festival Performers Elizandro Garcia-Montoya on clarinet and George Lopez on piano. Music will include selections by George Gershwin and Leonard Bernstein. This free event is open

to the public.

Garcia-Montoya hails from Costa Rica and is a nationally sought after chamber and orchestra musician. He completed his Master's degree at Rice University; earned a Bachelor's degree from Baylor University and a Professional Studies Diploma from the Cleveland Institute of Music. He teaches clarinet privately and at the British

School of Chicago.

Lopez, the Robert Beckwith Artist-in-Residence at Bowdoin College, has been a performer and educator for more than 25 years. Born in Brooklyn, he spent his childhood in Belize, before his family moved to Texas, where he began playing the piano at age 11. Last year, he toured Philadelphia, New York City, Seattle, the Bay Area and Mex-

ico, as well as making his first visit to Cuba to give master classes and concerts with the Aries Trio.

Follow us on Facebook, visit www.taylorcommunity.org, or call 366-1400 for more information about Taylor Community, the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

Historical Society welcomes Secretary of State

SANBORNTON — Please plan to join the Sanbornton Historical Society Thursday, July 11 at the Lane Tavern (520 Sanborn Rd.) for a very special evening with the New Hampshire Secretary of State, Bill Gardner. Secretary Gardner will be speaking about NH's unique political culture and sharing some of his

experiences from more than 40 years in State government. This is a unique opportunity to hear from one of NH's longest-serving and most respected State officials. You won't want to miss out on this fascinating session!

Bill Gardner is New Hampshire's secretary of state. He is the chief election officer and re-

quired to set the date of the presidential primary every four years. First elected in 1976, he is currently serving his twenty-second consecutive two-year term. He was previously elected three times to the New Hampshire House of Representatives and has served as president of the National Association of Secretaries of

State. He has an undergraduate degree from the University of New Hampshire and a Master's in Public Administration from Harvard.

With the late former governor Hugh Gregg, he co-authored "Why New Hampshire: The First in the Nation Primary State" in 2003.

Shakespeare & the Language that Shaped the World

LACONIA — Advice to the Players is proud to present "Shakespeare and the Language that Shaped the World," by Kevin G. Coleman, Wednesday, July 17 at 2 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

The play is a whirlwind tour through the life, times, and works

of William Shakespeare, led by nine actors equipped with 10 stools, a couple of broadswords, a bit of historical information and scenes from many of his greatest plays.

Kevin G. Coleman, Director of Education at Shakespeare & Company, created this energetic, fast-paced peek into Shakespeare's world

and Elizabethan life. It is a fun, accessible introduction to Shakespeare with enough depth to please those who have already studied his works.

Advice to the Players is a unique company of theater professionals, enthusiastic community members and energetic teens that has been performing Shake-

speare and offering workshops throughout the Lakes Region since 1999.

Follow Taylor Community on Facebook, visit www.taylorcommunity.org, or call 366-1400 for more information about the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

Walter's Market gets new life

LACONIA — Lakes Region Community Developers (LRCD) bought the old Walter's Market building at 193 Court St., Laconia and is renovating it to serve as LRCD's new headquarters and the hub of its community building and engagement program in Laconia. LRCD plans to move into the new space by August.

The first phase of renovations includes build-out of the interior to accommodate 10 individual offices, community meeting space, and a large kitchen. Also planned in the first phase are significant upgrades to the exterior south wall of the building, including installation of windows, additional insulation, and new siding. Tradesman Builders of Laconia is the general contractor. The project is funded by a Community Development Block Grant from NH Community Development Finance Authority and a loan from Meredith Village Savings Bank.

LRCD is planning a second phase of work in



COURTESY

Pictured (L to R): Maureen Quinn – NH Community Development Finance Authority, George Hunton – NH Community Development Finance Authority, Carmen Lorentz – Lakes Region Community Developers, Larry Greeley Tradesmen Builders Corp., and Brian Chalmers – Meredith Village Savings Bank.

the future to complete the exterior treatment on the other walls of the building, as well as resurface the parking lot and do landscaping and signage improvements. Fundraising is ongoing for phase two.

Throughout its 26-year history, LRCD has primarily developed healthy rental homes for people of low income. It now owns and operates 365 rental homes in Ash-

land, Gilford, Laconia, Meredith, Tilton, and Wolfeboro. Last year, LRCD expanded its mission to include other types of real estate development that respond to needs in the community, as well as a new program to engage residents in leadership development to solve neighborhood issues.

"Our new building will provide LRCD staff and volunteers with

more functional space in which to work and it will enable us to provide new programming that is needed in the community," said LRCD Executive Director, Carmen Lorentz. "As a non-profit community development organization, we are thrilled to be redeveloping a vacant building into a vibrant hub of activity. It's what we do best."

CLASSIFIED SELLS IT ALL

St. Vincent de Paul seeking volunteers

LACONIA — The St. Vincent de Paul Society, a 501C3 organization, located at 1269 Union Avenue in Laconia is a busy place, especially during this time of the year with all the vacationers visiting the Lakes Region. The Thrift Store, which is open Tuesday-Friday from 10 a.m. – 4 p.m. and Saturday from 10

a.m. – 3 p.m. The thrift store is offering “sensational sales” on summer clothing and ladies formal dresses. They are currently looking for “cashiers and general office” help. Stop by during store hours if you are interested in volunteering.

The Food Pantry is open Mondays from

noon-2 p.m. and Wednesdays from 6-8 p.m. Families may come once a month to pick up food supplies to help stretch their budgets. During summer vacation, when the kids are home from school, there is a great need for canned goods. Soups, peanut butter, jelly, pastas w/sauce, tuna, cereal, and crackers

help make lunch time a quick fix. Volunteers are needed to work on Wednesday evenings from 6-8p.m. and for Donation Pick-ups at local grocery stores Monday thru Saturday.

The Children's Foundation is in the midst of Project Pencil. Backpacks are filled with school supplies and

distributed to the local schools and childcare centers during the second and third weeks of August. Monetary donations and school supplies-backpacks, notebooks, paper, pens, crayons, and markers may be dropped off at the Thrift Store during store hours.

The Financial Assistance team is another important piece of the St. Vincent de Paul Society. Financial teams of two

meet with individuals to help access their needs and determine where financial help is needed. Volunteers are also needed to assist these families.

Please stop by the Thrift Store, ask to speak to the store manager to fill out an application and state what position you are interested in.

For more information stop by the Thrift Store or call at 524-5470.

Medical quackery with Dr. Michael Cross, July 17

LACONIA — The late 19th and early 20th century is considered the “Golden Age of Quackery” – a time when snake oil salesmen sold patent medicines to an unsuspecting public. Can you tell scientific fact from fiction ... or will you fall prey to the snake oil hucksters of today?

Dr. Michael Cross presents a lecture discussing many of the scientific and medical “quack” tonics and devices so prevalent during this period as well as their modern counterparts. Join us Wednesday, July 17 at 6:30 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

Doctor Cross, Associate Professor of Chemistry, is department chair of Natural Sciences at Northern Essex Community College where he teaches chemistry and forensic science. He believes education should be fun and exciting and incorporates demonstrations and magic tricks into his teaching. He holds a Ph.D. in organic chemistry from the University of Utah where he specialized in oxidative lesions in DNA and RNA.

Follow Taylor Com-



Michael Cross

munity on Facebook, visit www.taylorcommunity.org, or call 366-

1400 for more information about the premiere not-for-profit Continu-

ing Care Retirement Community in the Lakes Region.

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 417 calls for service and made the following arrests during the week ending July 6.

Ryan Devlin, age 31, of Sanbornton was arrested on July 2 for Domestic Violence-Assault. He is scheduled to appear in Franklin District Court on July 22 at 8 a.m.

Philip R. Huckins, age 60, of Sanbornton was arrested on July 2 for Driving While Intoxicated. He is scheduled to appear in Franklin District Court on July 22 at 8 a.m.

Tyler Moran, age 21, of Sanbornton was arrested on July 3 for Driving While Intoxicated. He is scheduled to appear in Franklin District Court on July 22 at 8 a.m.

The breakdown of the remaining calls was as follows: two animal incidents, one request to assist another department, two reports of criminal mischief, two D.W.I. incidents, three reports of unlicensed dogs, one domestic incident, one report of harassment, four medical calls, one motor vehicle accident, one motor vehicle summons, 21 motor vehicle warnings, one report of negligent homicide, one request for police information, one report of reckless operation, and two V.I.N. verifications.

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Faith Trammell graduates from Bob Jones University

GREENVILLE, S.C. — Faith Trammell, a resident of Sanbornton, was among nearly 600 students who graduated from Bob Jones University Friday, May 3.

Trammell graduated with a BFA in Graphic Design.

During the 92nd commencement exercises, nearly 500 students received bachelor's degrees, nearly 70 students received master's degrees and more than 40 students received associate degrees. Three candidates earned doctoral degrees. Chaplain Steven Brown, former active and reserve Navy and Marine Corps serviceman and current president of Associated Gospel Churches, was awarded an honorary Doctor of Divinity degree.

Degrees were conferred on December 14, 2018

for students who graduated at the end of the fall semester. Since its founding in 1927, Bob Jones University has conferred over 51,400 degrees.

Located in Greenville, S.C., Bob Jones University provides an outstanding regionally accredited Christian liberal arts education purposely designed to inspire a lifelong pursuit of learning, loving and leading.

BJU offers more than 100 undergraduate and graduate programs in religion, education, fine arts and communication, arts and science, health sciences, and business.

BJU has nearly 3,000 students from nearly every state and more than 40 countries. We are committed to the truth of Scripture and to pursuing excellence in all we do.

Town of Northfield Zoning Board of Adjustments Monday, July 22, 2019 at 7:00 pm Town Hall, 21 Summer Street AGENDA

1. Minutes – April 22, 2019
2. Special Exception – ADU (Accessory Dwelling Unit) 142 South Road – Map R15- Lot 52-7
3. Other Business

Respectfully Submitted,
Brian Brown
Chairman

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BELMONT

CONTINUED FROM PAGE A1

read the Town Charter as written in 1869.

Previously part of Gilmanton, the charter explained how it was renamed Upper Gilmanton in 1859, and through a legislative act in 1869 was declared to be the Town of Belmont. According to historical records the name of Belmont was chosen to honor a popular political statesman of the time, August Belmont.

Beaudin also shared a commendation from New Hampshire Gov. Chris Sununu who acknowledged the rich history of the town and its past contributions to the state through the cotton and wool hosiery factories that thrived there for many years. He also congratulated them on their restoration and preservation of historical sites like the Belmont Mill, public library and bandstand, the preservation of the rural character of their community, and the town's continuing efforts for land and water conservation.

State Representatives John Plummer and Mike Sylvia, along with State Sen. Harold French, then joined Beaudin and Mooney on the bandstand to offer their own congratulations to the town.

"You, the citizens of Belmont, exemplify what it's like to be New Hampshire residents," French said.



DONNA RHODES
(Left) Belmont Post Office employee Barbara Howell placed a special one-time-only cancellation on an envelope for Selectman Sonny Patten that honored July 5 as the 150th anniversary of the town now known as Belmont.

Heritage Commission chair Vicki Donovan and Diane Marden of the Belmont Historical Society also offered their congratulations on an historic time in the community and reflected on the dedicated work of those who have made a difference in preserving the town's history.

Following the speakers, selectmen Ruth

Mooney, Jon Pike and Sonny Patten, assisted by Belmont Rotary members, cut into three specially designed cakes, which replicated historic aspects of the town and celebrated its 150 years. Music from a Beatles' tribute band, Walrus Gumboots, then rounded out a perfect summer evening on the Belmont town green.

BIRTHDAY

CONTINUED FROM PAGE A1

during their marriage, Diane (now married to Jeff Murphy), and Kathy (now married to Paul Largey). In 1984 Pierce married Valerie Cartier and has three stepchildren through that marriage—Gary Cartier (and wife Elaine), Kathy (Cartier) and her husband Paul Thurston, and Dean Cartier. The couple shared 30 years together until she, too, passed away.

For his birthday celebration last week Pierce was proudly dressed in a replica of his 1940's Navy uniform. The uniform was presented to him recently as a surprise from the band Recycled Percussion when they learned he had lost his original.

The recreation staff of NHVH presented him with a video filled with photos of Pierce,

his family and friends over the years, and set to some old familiar tunes. There was a large cake for all to enjoy and when he was done eating, Pierce got up to dance with Recreational Assistant Jen Pickard to 1960's tune, "The Days of Wine and Roses."

Pierce was emotional as he thanked everyone for celebrating his special day. He also thanked all who have helped make NHVH a real home for him since he arrived in 2016.

For Pierce, the best part about turning 100



DONNA RHODES
(Left) WWII Navy veteran Walter Pierce celebrated his 100th birthday at New Hampshire Veterans Home with friends and fellow veterans by his side. Special guests at the party on July 3 were his oldest daughter Diane Murphy of Virginia and stepson Gary Cartier and his wife Elaine of Belmont.

years old is all the good memories he has to enjoy.

"I just remember the good things and all the bad just goes away," he

said.

As for advice to others hoping to reach that landmark 100th birthday, Pierce said with a smile, "Stay with it, stay healthy and watch your language."

LRPC

CONTINUED FROM PAGE A5

out the paint before disposal).

The Lakes Region HHW Collections are for residential Household Hazardous Waste only; hazardous waste products from businesses will not be accepted at these col-

lections. The Lakes Region Household Hazardous Product Facility (LRHHPF) in Wolfeboro can work with small business to secure a temporary DES permit for the waste, but businesses must call ahead of time at 651-7530. An estimate for actual disposal (without waste hauler

mobilization fees) will be established. Businesses find that this is an economical alternative to working with an individual hazardous waste disposal vendor. The product facility is open May through October, every third Saturday of the month, 8:30 a.m. to noon, the next collection in

Wolfeboro is July 20.

To get maps to the collection sites, learn more information about wastes, or make a donation to the program, visit the Lakes Region HHW website at <http://www.lakesrpc.org/services/hhw.asp>, find us on Facebook (under Lakes Region Planning), or call 279-5334 or 279-5341.

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Edward Jones: Financial Focus

Life Events Can Lead You to See a Financial Advisor

Over the years, you'll experience many personal and professional milestones. Each of these can be satisfying, but they may also bring challenges – especially financial ones. That's why you may want to seek the guidance of a financial professional. Here are some of the key life events you may encounter, along with the help a financial advisor can provide:

New job – When you start a new job, especially if it's your first "career-type" one, you may find that you have several questions about planning for your financial future, including your retirement. You may have questions about how much you should contribute to your employer-sponsored retirement plan. What investments should you choose? When should you increase your contributions or adjust your investment mix? A financial advisor can recommend an investment strategy that's appropriate for your goals, risk tolerance and time horizon.

Marriage – Newlyweds often discover they bring different financial habits to a marriage. For example, one spouse may be more of a saver, while the other is more prone to spending. And this holds true for investment styles – one spouse might be more risk-averse, while the other is more aggressive. A financial advisor can help recommend ways for you and your spouse to find some common ground in your saving and investment strategies, enabling you to move forward toward your mutual goals.

New child – When you have a child, you will need to consider a variety of financial issues. Will you be able to help the child someday go to college? And what might happen to your child, or children, if you were no longer around? A financial advisor can present you with some college-savings options, such as an education savings plan, as well as ways to protect your family, such as life insurance.

Career change – You may change jobs several times, and each time you do, you'll need to make some choices about your employer-sponsored retirement plan. Should you move it to your new employer's plan, if transfers are allowed? Or, if permitted, should you keep the assets in your old employer's plan? Or perhaps you should roll over the money into an IRA? A financial advisor can help you explore these options to determine which one is most appropriate for your needs.

Death of a spouse – Obviously, the death of a spouse is a huge emotional blow, but it does not have to be a financial one – especially if you've prepared by having the correct beneficiary named on retirement accounts and life insurance policies. Your financial advisor can help ensure you have taken these steps.

Retirement – Even after you retire, you'll have some important investment decisions to make. For one thing, you'll need to establish a suitable withdrawal strategy so you don't deplete your retirement accounts too soon. Also, you still need to balance your investment mix in a way that provides at least enough growth potential to keep you ahead of inflation. Again, a financial advisor can help you in these areas.

No matter where you are on your journey through life, you will need to address important financial and investment questions, but you don't have to go it alone – a financial professional can help you find the answers you need.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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DONNA RHODES

Dick Maher of Maher's Welding watched as Tilton's Public Works Director, Kevin Duval, opened the time capsule he sealed in 1969 during the town's 100th anniversary year.



DONNA RHODES

Dick Maher and Tilton Town Clerk Cindy Reinartz looked on as Selectman Katherine Dawson slid an historic New York Times newspaper from a time capsule Maher built in 1969, which was buried by the town on Island Park when Tilton celebrated its 100th anniversary.

TILTON

CONTINUED FROM PAGE A1
Sunday afternoon with the ceremonial burial of a time capsule containing information about the community in 2019, and the opening of a time capsule buried in 1969, when the town enjoyed its centennial anniversary.

Kicking off the event at Riverfront Park on Sunday was Sen. Bob Giuda, who read a special commendation from Gov. Chris Sununu, honoring the 150th anniversary of the Town of Tilton, which was incorporated under that name in June of 1869. Giuda followed that with a second message from the New Hampshire State Senate, congratulating the town on their anniversary and wishing everyone well as they opened their 1969 time capsule.

Town Clerk/Tax Collector Cindy Reinartz then introduced former Tilton resident Dick Maher. In 1969 Maher's Welding was called upon to assist in creating a time capsule to honor the town's 100th anniversary. He constructed a large metal tube in

which the Centennial Committee placed items for residents of the future to uncover one day, then welded it shut for burial.

Reinartz said it was Maher who dropped her a note telling her about the 1969 time capsule on the island, but said he couldn't recall exactly where it had been buried. Hearing about it for the first time, she called upon resident Jerry Davis to help search with his metal detector and they finally located it beneath a millstone in front of Timetable Mabel, a statue on the island. The highway department dug the capsule up for her then kept it safe until last weekend.

GALILEO

CONTINUED FROM PAGE A3

presentation audience members are actively involved in experiments and demonstrations. After the lecture, Galileo answers questions about his experiments, his life, and his times. Meet Galileo at the Corner Meeting House on Tuesday, July 16 at 7 p.m. Thanks to the New Hampshire

"When they dug it up it had a naugahyde cover sewn impeccably to protect it," Reinartz said.

Maher and an eager crowd looked on as Public Works Director Kevin Duval broke the seal on the capsule and Selectman Katherine Dawson began carefully removing the items it held. As an old newspaper was slid out of the tube, Maher noticed with a chuckle that his welding torch had evidently singed a corner of it 50 years ago when he sealed it.

One by one, Dawson passed everything over to Reinartz, who then held each item up for everyone to see. There were advertisements for,

fittingly, Maher's Welding, a Vote for Walter P. Howard campaign flyer, and a couple's marriage announcement. A 1969 Tilton School yearbook was also inside as well as a message to future residents from Chris Dunn, who just recently passed away. There was another letter from Richard P. Lewis, editor and publisher of the now defunct Franklin Journal-Transcript newspaper, along with a letter from Centennial Committee Chairman Charles Virgin to the chair of the sesquicentennial (150th) committee. In that letter, Virgin began by writing that it felt "eerie" for him to compose a letter to someone in the future, knowing he won't

be around when they receive it. Among other things mentioned in his letter, he and his committee asked that once the contents of their time capsule were examined, it should all be reburied in any future time capsules to continue the history of their time in Tilton.

Other contents included brochures from local organizations, a high school newspaper from Dawson's own graduating class, and a New York Times newspaper with the historic headline, "Men Walk on the Moon," which was published on July 21, 1969.

There was memorabilia from the Centennial celebrations, too, such as program pamphlets,

commemorative wooden coins, Centennial pins, and a decorative ribbon from the Tilton Centennial Ball.

Reinartz said she would take the items back to her office where they can be copied and photographed so residents can see what the capsule contained. As the Centennial Committee requested, everything will then be placed inside the 2019 time capsule, then buried in Riverfront Park until the town's Bicentennial celebration in 50 years.

Residents are asked to watch the Tilton town web site for information on when and where copies of the 1969 time capsule items will be on display in the near future.

Humanities for sponsoring this program.

Preschool-age story-time features stories, movement, music, and crafts to encourage early literacy skills Wednesdays at 10:30 a.m. Bring the whole family! Space-themed movies play on Fridays between July 12 and Aug. 9 at 1 p.m. Drop-in challenges change weekly.

The Friends will be hosting a book sale and raffle on Old Home Day, Aug. 10. Check with the library if you have donations as the Friends will be there at specific times in July to collect them.

Feel like going out of town? The library has passes to NH State Parks, the McAuliffe-Shepard Discovery Center, and the state Historical Soci-

ety, Squam Lake Science Center and Canterbury Shaker Village. Contact the library for details. The New Hampshire State Parks pass is courtesy of the Friends of the Belmont Library.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books,

digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont's community library.

For more information, contact:

Eileen Gilbert
267-8331
bp1@belmonthnh.org
PO Box 308
Belmont NH 03220

OLD HOME DAY

CONTINUED FROM PAGE A1
happy birthday to all this year, including the United States, which turned 243 years old on July 4.

Kailey May Collin's family also had a huge birthday cake on their float entry that congratulated not only the Town of Tilton on its 150th birthday, but Kailey herself who was celebrating her 12th birthday over the weekend. Standing inside the cake with only her head and party hat sticking out, she waved to the crowds who lined the parade route that day and was wished a happy birthday by all. The family's float took the top prize as "Best in Parade" for 2019.

Other celebratory participants included The Ark Learning Center whose float was lined with colored candles that had orange children's handprints as their flames, and the staff and members of White Tiger Karate, celebrating their 15th year in operation this summer. Local scouting and 4-H groups, Pines Community Center, and Spaulding Youth Center were also among the dozens of entries with bubbles, balloons, and party hats galore.

Moulton's Band added to the festivities with music that included the Beatle's classic tune, "Birthday."

More than an hour in length, revelers from the parade finished their journey at The Pines in Northfield where more celebrations were soon underway.

Throughout the afternoon residents old and new, along with many visitors to the two towns, enjoyed shopping the many vendors set up in the park. There were also children's games, a bouncy house courtesy of White Tiger Karate, horseshoe and corn hole tournaments and plenty of food available. At the adjacent agricultural ring crowds lined the bleachers and fence to watch the horse pulling competition and later in the day there was a chicken barbecue and the traditional pie-eating contest. In the eight and under category for that competition this year Kora Leigh Dalesio placed first, Mason Coleman was second and Kendall Curley was third. For the nine to 13 year-old pie eaters, Cody Gray came in first, Kiara Dalesio was second and Emmaline Leandro was third. In the 14-17 year-old group there were only two contestants this year and Ashleigh Arsenault finished first followed by her challenger, Tatyanna Wanschel, in second. Finally, in the 18 and older competition, Merek Weissensee topped the leader board while Jennifer Cross took second place and Amanda

GRANT

CONTINUED FROM PAGE A3

have a strong amount of road salt and the other to have virtually no road salt. From these two areas, the students will be utilizing a data logging system to collect water conductivity, air temperature, relative humidity, precipitation, solar radiation, and soil moisture at a high resolution. Chris and Mercede will also be collecting a wide variety of

field data ranging from species diversity chlorophyll concentrations within plant species as well as snow depth, density, and salinity within the identified study sites. These data will be analyzed for patterns within excel, and any relationships identified will be supported by graphs and/or statistical analyses.

Mercede and Chris will have help and guidance from Adrien

Deshaies, who is a science teacher at Belmont High School. Mr. Deshaies is excited at the prospect of their research stating, "this is a rare opportunity for high school students. Not only are they pursuing their own ideas and methods for collecting data, but the length and extent of the research is not typically experienced by students until much later into post secondary

programs." He will continue to mentor Chris and Mercede through the process, and be able to present their final results at a conference or science fair next spring.

The Marjot Foundation is a non-profit organization that awards environmental grants to high school students in New England and New York. It has been around since 1998, awarding five grants each year.

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Vacation Bible School begins July 29

LACONIA — Heritage Free Will Baptist Church's Vacation Bible School week will begin on July 29. We start

at 9 a.m. and go until noon. The theme this year is "Giddyup Junction – Taking God's Love to New Frontiers!"

If your four to 17-year-old wants to have a week of fun playing games, learning about the Bible, singing songs, and eat-

ing snacks, all for free, we would love to have them join us! Please call the Church at 528-8400, email us at heri-

tagechurch777@gmail.com, or simply show up at 349 Meredith Center Rd. in Laconia on Mon-

day morning. We look forward to seeing you!

HEALTH

CONTINUED FROM PAGE A4

into the skin, both causing us to tan and also causing cancers.

You should apply your first coat of sunscreen 30 minutes prior to going outside to give

it time to do its job, and that thing about the shot glass full? It's true. You need to apply the full 1oz amount to really get full coverage and full UV protection. This holds true even for those over-cast days. Just because the sun is behind those

clouds, doesn't mean the UV rays stay there. Up to 40 percent of UV radiation still reaches us!

To give your sunscreen, and yourself, some extra help, stay out of the sun and in the shade from 10am to 4pm, wear a hat with

a nice wide brim, and sunglasses that block UV rays. You'll look like a movie star, keep your skin young looking longer, and most important, block those cancer-causing UVA and UVB rays!

MARKETS

CONTINUED FROM PAGE A5

still makes sense to look at varying scenarios regarding when you the client starts receiving benefits.

The content of many 401(k), 403B, IRA or really any other qualified plans typically consist of mutual funds that have been used for accumulation of assets. These funds, in my opinion are not an efficient means of deriving income once retired. Consider moving these assets into an IRA where you or your advisor can tailor a portfolio to suit your needs as opposed to the limited choices typically found in a 401k plan.

A common yet dated strategy has been to take 4% of your assets for income. Many years ago when you could get a CD with a 5 percent return, that might have been viable. In today's world CD rates are substantially lower, so to get your 4 percent, you must place

your assets at market or credit risk.

There are ways to mitigate these risks using investment-grade quality corporate bonds and possibly an "A" rated fixed indexed annuity to provide a sustainable, steady income. Once you have met your income goals, we are able to invest the rest of the assets for growth. Because we have the income portion set, we are not overly concerned with market or sequence of returns risk that would put your income in danger.

It can be very beneficial to plan sooner than later. The first step in this process is to figure out a realistic budget and income needs come retirement. A good financial planner that has expertise in planning for retirement income and asset management is a great place to start.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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SPORTS

THE WINNISQUAM ECHO
SalmonPress.com

Estremera, Gates earn All-State honors

BY BOB MARTIN

Bob@salmonpress.news

BELMONT – A pair of Belmont High School softball players were recognized for their work on the diamond, with Julianna Estremera and Raven Gates being named All-State honorable mention.

Estremera just wrapped up her senior year and has put together quite the athletic career at Belmont High School. Whether it is soccer, basketball or softball, she has been one of the top players on the team and has been an All-Stater in each sport.

This spring, she batted .397 with 25 hits, .460 slugging percentage and an on base percentage of .500. She led the team with six doubles and walks with 10. She also had 23 runs and 26 RBIs.

Estremera knocked her 100th hit in her softball career, ending with 108 hits in her career, which shows how consistent she has been at the plate.

“That 100 hit total in high school is a great accomplishment,” said coach Bill Clary.

She is also a sure thing in the field at the shortstop position, making difficult plays look easy and only recording three errors this season. Estremera also saw some time on the mound pitching 18 innings, recording one win and an ERA of 3.00.

“She is an unbelievable athlete who is very talented and has improved every year,” said Clary, who noted that she batted .289 as a freshman. “Not only her offensive skills, but her defensive skills have progressed. She has a strong arm, covers a lot of territory and is very easy to coach. She listens to what you tell her and goes off of it.”

Gates ended her season batting .394 and a .423 slugging percentage with 28 hits, 17 RBIs, 18 runs and two doubles.

“Her jump from her freshman year to this year was astronomical,” said Clary. “Her pitch selection at the plate was so much better and she worked hard defensively to learn the position of third base.”

Clary explained that he coaches his third basemen a bit differently, as he likes the fielder to play in. He said she took care of almost every bunt and she showed that her confidence had increased to make these plays in her sophomore year.

Gates said she was surprised when she was told by Clary that she was nominated for All-State as a sophomore. She said she was happy to be recognized because she worked



BOB MARTIN
(Left) Julianna Estremera was named All-State honorable mention in her senior year with Belmont High School.

she said, and it prepared her for difficult games like this. Gates said she managed to stay in the game mentally and physically even after getting hit hard with a line drive on the wrist while Hopkinton was piling on runs.

Gates was happy with the season but wishes that the team could have made it out of that semifinal game.

“As a team we all communicated so well and even though we took games seriously, we knew how to have fun,” Gates said. “I’m excited for next year to meet new players that are coming up from the middle school and I hope that we can go even further than this year. I thank coach Clary and everyone who has helped me throughout my softball career to get me to where I am now.”

Losing Estremera to graduation will be difficult, as well as seniors Margaret Witham, Chantelle Martin and Lizzie Fleming. However, Clary said

SEE SOFTBALL, PAGE B2

BOB MARTIN
Raven Gates made All-State honorable mention for third base as a sophomore.

hard over the winter and at practices. Gates said this shows that hard work pays off to become a better player and it makes her want to work even harder next season.

She felt that her best game of the season was the final game against Hopkinton. Over the season her mental toughness improved,

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Local players, coaches taking part in Lions Cup

BY BOB MARTIN

Bob@Salmonpress.news

CASTLETON, Vt. — Next month, top senior soccer players from the Granite State and the Green Mountain State will go head to head in the annual Lions Cup and Belmont High School will be represented by two players, Colby Brown and Lizzie Fleming, as well as head coaches Mike Foley and Mark Dawalga as assistant coaches.

“My first reaction to being on the team

was stunned,” Brown recalled. “To be part of the top 20 or so high school soccer players in New Hampshire is super cool. From the first banquet we had with the Vermont team it felt surreal.”

Brown said he has always heard about the athletes who have participated in the past who have the same goals to succeed. He is looking forward to going down to Castleton University for the mini camp before the game takes place

so he can get to know the other players on both his team, as well as Vermont’s.

“It’s going to be an amazing experience and I can’t wait to share it with the top soccer players in New Hampshire,” said Brown. “To get this level of recognition is a great feeling. It makes you feel like your hard work has paid off and that you made not only an impact on your team but the community as a whole.”

Brown said that representing the state, as well as the town of Belmont and the Red Raiders, is a true honor. He plans on representing the New Hampshire team with the most respect and hustle as possible.

“It’s going to be a great game and I can’t wait to be a part of it,” said Brown.

Fleming agreed that it is an honor and she is looking forward to being able to get back out on the soccer field again.

“I got to the try out and I thought I had no chance of making the team,” said Fleming. “Every girl there was extremely skilled and deserved to be there, but I just went out and played my game not allowing my self to change my mindset or how I play. When I got the call from the coach I was genuinely surprised, although I never doubted myself.”

Fleming prides on going into each and every game level headed and focused, and this is no exception. She

said this has remained important to her over the years, and she takes every game and competitor seriously.

Fleming will be attending Rivier University in the fall and plans to play soccer. She anticipates the level of competition increasing and she is looking forward to being on a soccer team full of girls with a high level of talent that enjoy the game of soccer.

“High school soccer and college soccer are two very different games and I look forward to getting out on the pitch again,” said Fleming.

Dawalga said he was chosen last year but could not make the event, so he is looking forward to being able to help coach talent from around the state.

The Lions Twin State Soccer Association is holding the 45th annual Lions Cup matches held on July 20 at Castleton College in Castleton, Vt. There are women’s and men’s teams comprised of senior all stars that rep-

resent Vermont and New Hampshire.

The Lions Twin State Soccer Association has been around since 1975 and has a mission devoted to celebrating athletic achievement while also promoting fellowship through combined charitable acts and other aspects. It has raised around \$600,000 since its inception, and this has been donated between Vermont Lions Charities and the Lions Sight and Hearing Foundation of New Hampshire.

Funds have also assisted those in need of eyeglasses, eye surgeries, hearing aids and sending children to summer camps.

The event is sponsored by Mascoma Savings Bank, Vermont Country Store and the Jack and Dorothy Byrne Foundation.

The women’s game starts at 4 p.m. while the men’s game is at 6:30 p.m. Admission is \$5 and it is free for children under 12.

Cropsey honored by Ducks Unlimited

TILTON — The national organization for Ducks Unlimited in Mexico, Ducks Unlimited de Mexico, aka DUMAC, has awarded James Cropsey of Tilton with a Life Sponsor award in recognition of ... ‘outstanding contributions on behalf of the conservation of migratory waterfowl in Mexico and North America as a valuable legacy for future generations.’ Cropsey’s particular involvement was with an initiative to build sewage treatment plants and sewer lines around lakes and bordering wetlands and rivers along the west coast of Mexico to replace the existing system of releasing raw sewage into the Pacific Ocean, lakes, wetlands and rivers. Not only does this initiative benefit all wetland species by removing harmful bacteria and contaminants from wetlands and wetland buffers, but this initiative is of significant value to the health and wellbeing of the people living and using these lakes,

wetlands and rivers in the states of Sonora, Sinaloa and Nayarit.

DUMAC is also involved in the restoration of threatened mangrove swamp habitat along both the Gulf and Pacific coasts of Mexico, but particularly on the Yucatan Peninsula. These mangrove swamps support a variety of wetland species and are one of the most productive of all wetland habitats. Although the shrimp farms and farmers can have a neutral effect on the mangroves with planning, unbridled expansion of these operations recently are having a negative impact on the mangroves.

In the United States each year, some 140,000 acres of wetland habitat is lost. Since its inception, Ducks Unlimited has raised more than five billion dollars and enhanced and restored nearly 14.5 million habitat acres, encompassing over 15,000 wetland projects in the United States, Canada and Mexico, in an effort to reverse this destructive trend.

Ducks Unlimited spends 83 percent of every dollar on wetland habitat restoration and enhancement. DU’s projects provide habitat for over 600 wildlife species, including ducks, geese, and endangered species like the whooping crane.

While Ducks Unlimited has accomplished a great deal since its founding in 1937, the rapid draining of our wetlands demands that the organization continue to accelerate its work. Efforts like those of Jim in building sewage treatment plants in Mexico are a vital part of Ducks Unlimited’s efforts.

This year the Daniel Webster Chapter of Ducks Unlimited will be holding a wine tasting event for past and present major donors at the Black Bear Vineyard in Salisbury on July 18, a Thursday, at 5 p.m. To purchase tickets or for information on how you can support DUMAC’s and Ducks Unlimited’s program of wetlands conservation, contact Cropsey at 286-9633.



BOB MARTIN

Julianna Estremera knocked 108 hits over her high school career with Belmont High School.



BOB MARTIN

Raven Gates batted .394 this season for the Belmont Red Raiders.

SOFTBALL

CONTINUED FROM PAGE B1

Gates and other young players showed that they can lead and con-

tinue to excel in Division 3 with hopes of capturing the elusive state championship.

“We will miss the leadership of those

four seniors,” said Clary. “They are probably some of the best groups of kids we’ve had as far as student athletes leaving.”

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BOB MARTIN

Carly Catty was the top shortstop in Division 3 this season, and she was named first team All-State for the second year in a row.



BOB MARTIN

Carly Catty had an on base percentage over .800 in her junior season.

Catty honored with First Team All-State spot

BY BOB MARTIN
Bob@Salmonpress.news

TILTON – Last season Carly Catty was one of the best hitters in the state, not to mention that she had a cannon arm, and for these reasons she was named first

team All-State, making her the top shortstop in Division 3.

Catty, a junior, amazingly had a .780 batting average and an on base percentage of more than .800. Those numbers aren't misprints. They

are just simply off the charts. Catty had 76 at bats with 49 hits and 13 walks to go along with four homers. Coach Mark Dawalga said the home run total would have been even higher but due to poor weather

the team was forced to play on the lower field that had no fence. Catty also only struck out one time all year, showing her superior bat control.

This is the third straight season Catty has been named All-State, with the past two years being first team. In her sophomore season, she was used in the three hole and clean-up spots in the order, but Dawalga decided to switch things up and put her at the top of the order to set the table. This paid off huge as she was able to get on base nearly every at bat.

Some statistics were unavailable, but Dawalga said she was the team leader in batting average, on base percentage, hits, runs, RBIs and stolen bases.

Catty said that being recognized for her accomplishments is a big deal to her, especially as the number of All-Staters shrank this year

to only 10 on first-team compared to 22 players. Looking back on the season, she felt her most memorable game was against Franklin at Odell Park. She said everyone locally looks forward to the rivalry game and this year the Bears came out on top 8-6. Catty was a difference maker with a double and two runs scored in the game.

"Throughout this season we had some ups and lots of downs, and some team chemistry off, but that game felt like we had been playing together forever," Catty said. "From being down-poured on to every fan in the stand screaming, it was a great game."

Catty admitted that she wants to move on from this season, but she added that it is important to recognize that there were some great team players on the Bears who progressed and improved

as the season went on.

While she knows there may be some growing pains for the Bears in her senior season, due to the team losing its starting pitcher to graduation, she is looking forward to see what Winnisquam can do.

"I always look forward to playing this sport," Catty said. "Whether we lose or not, I love the game."

Dawalga spoke very highly of his star shortstop, saying she was more than deserving of the first team All-State nod.

"I thought Carly had an exceptional season," said Dawalga. "I asked her to change to the lead-off spot and I thought she was terrific. She set the table for us all season and defensively she just has a super strong arm, and is an incredible shortstop. She was a pleasure to coach this season."

Prouty returns to Upper Valley this weekend

HANOVER — The 38th annual Prouty will take place on July 12 and 13. It is a two-day athletic event that raises funds to benefit Dartmouth-Hitchcock Norris Cotton Cancer Center (NCCC), one of 49 National Cancer Institute-designated Comprehensive Cancer Centers in the country, and the only one in northern New England.

The Prouty™ began in 1982 when four NCCC nurses, inspired by the courage of their patient, Audrey Prouty, committed to cycling 100 miles through the White Mountains of New Hampshire.

Nearly 90 cents of every dollar raised stays at Norris Cotton Cancer Center to fund cancer research seeking better ways to diagnose, treat and prevent cancer. Research conducted here makes a

difference in the lives of cancer patients all over the world. Money raised also funds patient supportive services that help ease the way for patients and families struggling with cancer.

As founding nurse Patty Carney says, "Everyone knows an Audrey Prouty."

Prouty lost her nine-year battle with ovarian cancer in August 1982. Four of her nurses, Carney, Cindy Spicer, Heather (Adams) Klassen, and Catherine (Hallisley) Shannon, inspired by her courage, committed to cycling 100 miles through the White Mountains of New Hampshire to raise money and awareness for cancer research. That first ride raised \$4,000. Since then, The Prouty has raised more than \$33,000,000. The Prouty attracts more

than 4,000 participants, 1,100 volunteers and 150 corporate sponsors.

The Prouty is the signature event of The Friends of Norris Cotton Cancer Center, whose mission is to raise money and awareness for this nationally recognized cancer facility. NCCC has 15 locations throughout New Hampshire and Vermont to reach patients close to home.

Brewster basketball camp coming July 26-27

WOLFEBORO — Brewster Academy Basketball Camp, directed by Max Hooper, will run July 26 and 27 at the Smith Center on the campus of Brewster Academy.

Boys and girls ages seven to 11 will meet from 9 a.m. to noon and ages 12 to 16 will meet from 1 to 4 p.m.

After his collegiate and professional play-

ing career, Hooper returned to Brewster to serve as an assistant coach. Kids from ages seven to 16 are invited to come and learn from him as he coaches players through different drills and situations that will improve their game.

For more information on how to register, e-mail brewsterballcamp@gmail.com.

BY RAYMOND KUCHARSKI
Contributing Writer

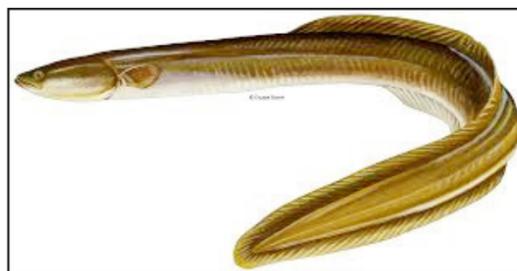
Uncle Stanley was a captain in the Worcester Fire Department. When I was a young boy growing up, my uncle Stanley would take me away for weekend adventures. I remember a trip to Boston to watch the Boston Braves play the Philadelphia Pirates. During the seventh inning stretch, there was a memorial tribute to Babe Ruth, who had recently passed.

My uncle had a small apartment in Sandwich, Mass., near the Cape Cod Canal that he kept to get away from the stress of fighting fires. He shared the escape-apartment with three avid fishermen who fished the area often. Stanley was not a fisherman but he knew I liked to fish. One weekend he brought me to the Cape to do some fishing.

At the suggestion of his fisherman friends, we drove to Herring

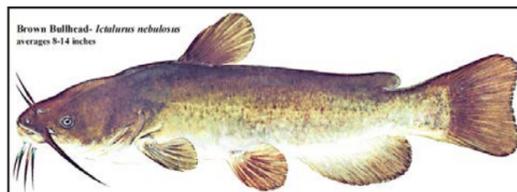
Fins and Feathers

Uncle Stanley



COURTESY PHOTO

The author reeled in an eel in a trip as a child in Massachusetts.



COURTESY PHOTO

The Brown Bullhead.

Pond in Bourne and rented a rowboat. As the sun dropped down below the horizon, we rowed out to the middle of the cove and dropped our lines over the side of the boat. Stanley was at stern and I was in the bow with a lantern sitting on the center seat.

It wasn't long before my uncle reeled in a

good-sized hornpout. Soon we were both catching fish at a steady pace and bucket was filling up with the black, whiskered fish. It was now close to midnight when I felt something heavy on my line. I fought the fish and finally got it to the surface and saw the snake-like eel. Stanley told me that

his friends wanted him to keep any eels that we caught for striped bass bait.

I lifted the eel into the boat and grabbed it by the neck to remove the hook. The long fish wrapped around my arm startling me. I quickly dropped it. The lantern was casting eerie shadows across the bottom of the boat making the scene Halloween spooky. I decided to step on the eel's neck to remove the hook; when I did, the eel got up my pant leg and wrapped itself around my leg. I jumped back and was lucky to fall in boat and not in the water.

I managed to free the eel and put it in the pout bucket but it crawled out. The next few fish we caught were eels. With several eels crawling along the bottom of the boat we decided we had caught enough creepy crawlers and rowed back to shore.



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ESTATE AUCTION

Camaro, Furniture, Bette Davis, Silver, Vintage, Outdoor
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Join us we sell personal belongings of the late Patricia Bilodeau of Littleton, NH, incl. items given to the Bilodeau family by Bette Davis, a family friend. Additions will be made to fill up the sale. **Featuring:** 2012 Chevrolet Camaro RS, V6, loaded (5,841 miles); four 20" Chevy chrome wheels; four 20" American Racing chrome wheels; 4 like new Pirelli tires, 245/ZR20 103Y; 1961 Old Town 16' canoe, Otka; 10' Necky kayak. **Furniture:** 6-pc. wicker set; sm. iron table w/2 chairs; pine & maple chests of drawers; 2-pc. stepback cupboard; pine 2-door TV stand; chairs; oak stackable bookcase w/glass doors; mahog. book shelf; coffee & end tables w/floral dec; pine jelly cupboard; loveseat; 3 maple end tables; Boston rocker; iron stand w/3 shelves; tall white painted bath cupboard; White sewing machine base w/painted wood top; asst'd benches; sm. side stands w/drawers. **Bette Davis:** Wood & iron "Service Entrance" sign from Butternut Farm; crocodile travel vanity case, initialed B.D.; pastel portrait; photographs, some signed; watercolor portrait, young Bette; "Happy Birthday, Bette" photo from the Golden Rule Farm Boys, 1941; silver cuff ring "To Bess from Farney". **Glass/Pottery:** Tall purple glass bottle w/glass globe stopper; purple pear bottle w/stopper; iron-stone; asst'd crocks, bean pots & jugs; Pyrex bowls; jadite bowls; salt-glaze pitcher w/blue dec; lg. hen covered casserole dish; cranberry glass; cobalt oil lamp w/paper shade (elec.); blue/white plates; more. **Silver/Jewelry:** Steiff & Towle Sterling flatware sets; asst'd silver & gold jewelry; costume jewelry. **Outdoor/Tools:** Husqvarna mower; 4 electric weed trimmers; hedge trimmers; electric Garden Groom; Toro electric blower; pressure washer; wooden wheel barrel; asst'd plant stands; 2 safes by Sentry; cement bird baths & garden ornaments, incl. 3 pug dogs; buck-saw bench; Bushnell field glasses; metal wheel barrels. **Misc:** Handmade house mailbox; Miller style lamp w/reverse painted glass shade; brass "25 Year Calendar" (1939-1966); room size to small braided rugs; oriental runners; 43" Vizio flat screen TV; 2 smaller TVs; Eureka canister vacuum; old bell collection, incl. school house style; wicker hamper, waste-baskets; Martin cherry grandmother's clock; Sensible cuff iron, No. 1; oak coat tree; crickets; mini dropleaf table; old child's sled; Pepsi pull-cart; rug beater; mini tin baby stroller w/animal dec; iron shoe door stop; handled, covered firkin; asst'd iron; vintage hats (some may be from B. Davis); glass washboard; vintage child's 45 records; Edison records; sewing basket; boxes of old cookbooks; more!!! **PREVIEW: Friday, 7/12: 3-6PM & Saturday, 7/13: 8-9AM or by appointment. TERMS OF SALE: 13% BUYERS PREMIUM (10% w/cash or check with proper ID); all items sold AS IS; all sales final. Refreshments available.**

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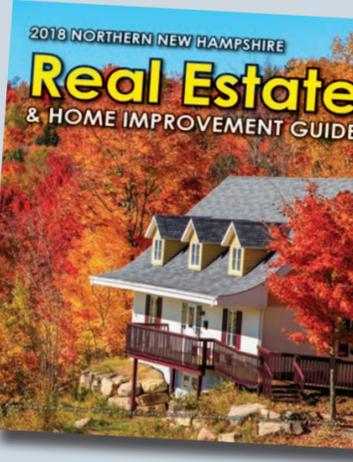
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Accessories: old J.P. Coates oak spool cabinet; counter top display case in oak; Ithaca calendar shelf clock; early paint decorated goat cart / miniature wagon; late 19th c. weathered drug store sign from Littleton, NH; English needlework 19th c. picture of lions in a den; Plains Indians beaded gun sheath; 19th c. English needlepoint; good wooden carved antique decoys; 14 foot wooden early 20th c. sign from the Clarks IGA Store in Wells River, VT; rectangular Northeast Indian storage basket with lid; large selection of old braided oval scatter rugs; wooden wheel barrow in old green paint; early 20th c. wooden child's express wagon; large early framed black and white photo of Hale's Tavern in Wells River, VT; Atlas of Orange County; hundreds of antique postcards; some full postcard albums; lots of early stereo views - some White Mts; good selection of antique quilts; some lots of vintage mens clothing including western shirts, group of vintage Wrangler jeans, 1950s red velvet bomber jacket 13th bomb squad Grim Reapers; group of trunks filled with military clothing and uniforms; other men's vintage clothing; great collection of VT license plates all from the same person from 1914 up; Royal Crown Cola porcelain thermometer; old calendars, early 20th c. auction adverts; old rocking horse; box of old political buttons; selection of old painted wooden signs; collection of old butchers knives; large 1910 VT Map; WWII tank site M40 1942; misc, old fishing poles and tackle; old dress form; lots of old landscape paintings some local scenes; baskets; lots of primitives; Singer Featherweight sewing machine #221 in excellent condition; selection of antique sleigh bells; andirons and fireplace equipment; collection of antique foreign dolls; large framed engraving of Ben Franklin in court; large bronze antique National cash register; selection of antique railroad lanterns; early Pope Mfg. Co. typewriter; large amount of early keys; lots of old buttons; good selection of old clocks to include Ships clocks in brass; lots of tinctures and dags; rare Wackmann Watches round advertising wall clock; large collection of old straight razors and razor strops; Lipe Heavy Duty Clutches advertising light; 3 Schoenhut wooden jointed animals; selection of other old toys; antique gold scales in wooden upright case; 11 Swiss or German carved figural corks; other oak 4 drawer spool cabinet; metal storage trunk Remington; Yashica camera; number of still life paintings by James Galvin; group of custom made hunting knives by R.L. Dozier St. Paul, Arkansas; group of custom made hunting knives by Randall; other good modern knives; number of good antique paintings and framed prints; early painted game board; Model 69 Winchester 22; Thompson center fire muzzle loader; L.C. Smith featherweight double barrel shotgun (all guns will be processed thru Bossman Outdoors in Woodsville, NH); box of bullets and accessories; box of gun sights; deco signed Schneider red glass bowl with stand; lots more!

Silver, Gold, and Jewelry: excellent Russian sterling and gold fancy cigarette case from 1915; large Tiffany sterling presentation desk top box; 24 pc. sterling silver flatware service; lot of old coin silver; other sterling silver flatware; good selection of jewelry to include: lots of misc. 14k gold wedding bands; lots of 14k gold rings with stones; 14 k necklaces; large 18k Tiffany floral earrings; selection of heavy 14k and 18k gold modern men's rings and bracelets; 18k cameo earrings; lots of misc. costume jewelry; Furniture: 3 tier antique store display table; early pine 5 drawer dresser with crown molding; 2 good 6 board blanket boxes in old red paint; early red painted pine county drop leaf table; primitive pine one door hanging cupboard w/ weathered surface; 2 stacking oak barrister bookcases; good oak table; other oak breakfast table; mahogany commode; early country painted one drawer dressing table with splash back; early 19th c. country corner chair; selection of early 19th c. painted storage boxes in pine; rocking deacons style bench; fancy oak 2 door china cabinet; antique oak caned wheel chair; other tables, cupboards, shelves, and chairs; country grandfather clock; antique oak and cast iron dictionary stand; Plycraft/Eames style mid century lounge chair and ottoman; other good furniture;

Antique Bottles and Stoneware: Success to the RR blown glass flask; rare milk bottle Milk for Infant's From Dr. Brush's Farm in amber; Drakes 1860 log cabin bitters with original label; other log cabin bottles; Old Homestead babyface milk bottle; some spring water bottles; stoneware beer bottles; group of Dyoetteville bottles; group of blob top embossed bottles; lots of good stoneware - some with blue decoration; IB Farrar ovoid stoneware jug; Underwood Ft. Edward jug with blue dec. Sale #1020 - Terms: Credit Card, Cash or good check w/ proper identification. Buyers Premium 13% Discounted to 10% for Cash or Check. No live Internet bidding. Absentee bids accepted. Preview 2 - 5 PM on Saturday and morning of Sale 8:00 - 10 am.

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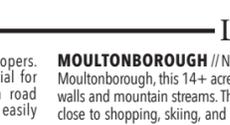
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Additional information and standard Town application form is available at the Town's website, Employment Opportunities www.moultonboroughnh.gov or Town Hall. Submit letter of interest, résumé & application to Walter P. Johnson, Town Administrator, PO Box 139, Moultonborough, NH 03254. Position open until filled. EEO Employer.

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2019-2020
Employment Opportunities**

Danbury Elementary School
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District Wide
Paraprofessionals - Full and Part Time
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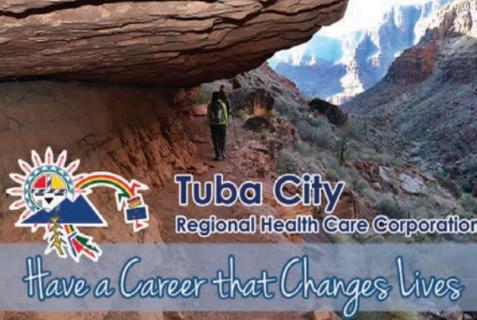
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Andrew Coppinger, Principal
Moultonborough Academy
P.O. Box 228
Moultonborough, NH 03254
Phone: 603-476-5517
Fax: 603-476-5153
or email: acoppinger@sau45.org

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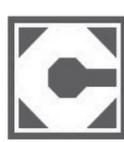
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The Town of Plymouth Highway Department is currently accepting applications for the position of Highway worker to work within the Town's Highway Department. Successful candidates need no previous experience but a positive attitude and a willingness to learn is a must. This is a position which performs work in all areas of construction and other assigned projects to include summer and winter maintenance of roads. Duties will include operating heavy machinery necessary for road maintenance, maintaining municipal equipment and plowing roadways for winter operations, and other labor intense road maintenance tasks. Candidate must hold a valid driver's license with CDL-B endorsement. Candidate will be required to be on-call for a week at a time on a rotating schedule. We are willing to train the right individual who meets the character traits mentioned above. The Town of Plymouth is an equal opportunity employer.

Applications are available at the Plymouth Town Hall (536-1731) or at the Plymouth Highway Department (536-1623) from 8am to 4pm, Monday through Friday. Applications will be accepted until a suitable candidate is appointed. Full benefits and good starting pay included.

To be considered, applicants must submit a Town application, resume and cover letter to:

Town of Plymouth
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Bicycle Hillclimb registration spots still available

PINKHAM NOTCH — The 47th annual Mt. Washington Auto Road Bicycle Hillclimb is looking for a few more riders — particularly for riders who can make this ultra-steep climb in just one gear. This year the historic bike race will award cash prizes not only to the overall winners but also to the first man and first woman to complete the Hillclimb on fixed-gear bikes, with the additional bonus of a gift card from State Bicycle Company.

The race's organizers announced that anyone who has registered for the Hillclimb can receive a 50 percent discount on the registration fee for the Mt. Washington Century, the scenic and challenging 109-mile ride around northern New Hampshire's Presidential Range three weeks before the Hillclimb.

The 2019 Mt. Washington Auto Road Bicycle Hillclimb will take place on Saturday, Aug. 17. Registration remains open until the field reaches its capacity of 635 riders. Riders can sign up at <https://www.bikereg.com/mwarbh>.

Hillclimb entrants may also participate in the practice ride, held on July 14 and limited to 300 riders. The Mt. Washington Century, open to anyone, will take place on July 27.

While the world's top professional cyclists prepare for this year's Tour de France, amateur riders can look forward to pedaling up the one New England mountain that matches the Tour's most difficult ascents for steepness, length and intensity. The Mt. Washington Auto Road rises 4,650 feet in the course of its 7.6 miles, constantly uphill at an average grade of 12 percent. (For comparison, the steepest portion of the fabled Col de Galibier in the Alps is 10 percent.)

For any cyclist still debating whether or not to tackle Mt. Washington this year, these new incentives should be enticing — and so should the newly expanded prize structure for top finishers. As in previous years, the first male and female

finishers will each win \$1,500, but this year a cash prize of \$750 will also go to the second-place male and female riders and \$500 to the man and woman in third position on the awards podium.

The other significant addition to the Hillclimb this year is the prize of \$500, plus a \$250 gift card from State Bicycle Company, for the first man and first woman to complete the race on fixed-gear bikes. With only one front and one rear chain sprocket, fixed-gear bikes cannot coast, hence the riders are always pedaling. On the Mt. Washington Auto Road, however, riders on multi-gear bikes normally are pedaling the whole way anyway. The advantage of the fixed-gear option is a much lighter bike. The disadvantage is that the rider cannot shift gears to adjust to the road's variable grade, which reaches 22 percent as it approaches the finish line at Mt. Washington's 6,288-foot summit.

The guiding spirits of State Bicycle see Mt. Washington as an excellent place to promote their view of cycling. As the company web site puts it, "State Bicycle is passionate about fixed gear cycling and its emerging culture. Our commitment to supporting both the local rider and the greater riding community is the reason why we're in this business."

The July 14 practice ride is an opportunity for Hillclimb entrants to test their preparedness and familiarize themselves with the Auto Road. Questions about registration or the practice ride may be sent to joliver@tinmountain.org.

The Mt. Washington Century, billed as the most challenging 100-mile ride (it's actually 109 miles) in New England, makes the circuit of the Presidential Range, starting and finishing at the Tin Mountain Conservation Cen-

ter in Albany. Riders in this spectacular July 27 event may begin their ride any time between 6 and 8 a.m.

The Mt. Washington Auto Road Bicycle Hillclimb and the Mt. Washington Century are the main annual fund-raising events for the Tin Mountain Conservation Center, which provides envi-

ronmental and recreational education for children, schools and families in communities in the White Mountains and the Mt. Washington Valley. Of the \$350 entry fee for the Hillclimb, \$150 helps to cover the cost of staging the race. The balance is a tax-deductible charitable contribution to Tin Moun-

tain's programs. This year, riders have the option of registering for \$150 and then raising the remaining \$200 in donations. The entry fee for the Mt. Washington Century is \$140 for individuals, \$175 for a family. Cyclists who are already registered for the Hillclimb may register for the Century at half price.

Lakes Region hoop camp at PMHS starting July 29

ALTON — Lakes Region Boys' and Girls' High School Basketball Camp will take place July 29 through Aug. 2 from 6 to 8:30 p.m. each evening at the Prospect Mountain High School gym.

The camp is open to boys and girls entering grades nine through 12 and coaching staff is made up of current varsity coaches from Prospect Mountain and other New Hampshire high schools.

Focus points will revolve around offensive strategy, both individual and team. Participants are asked to not wear jewelry and watches and not chew gum. Sneakers are

required, shorts and t-shirts are recommended. The camp will have warm up and group drills from 6 to 6:35 p.m., individual player work with coaches from 6:35 to 7:15 p.m., drills and mini competition from 7:15 to 7:45 p.m. and team games from 7:45 to 8:30 p.m.

Checks can be made payable to Joe Faragher, PayPal and/or Venmo are encouraged to secure early registration. Registration will be available at the door if space is available.

E-mail joefaragher88@yahoo.com or call 440-821-1381 with any questions.

Barnstead Firefighters Association 5K Aug. 17

BARNSTEAD — The Barnstead Firefighters Association is pleased to announce its eighth annual 5K Road Race and Fun Walk to start at the Barnstead Parade grounds on Aug. 17 at 9 a.m.

The course is an "out and back" that follows the Suncook River from the Parade to the intersection with Route 126 and then returns to the Parade along the same route for the finish. The race course is USATF certified for accuracy and is considered

flat and fast. Refreshments will follow the race.

Proceeds from this year's race will benefit the Barnstead Firefighters Association.

Pre-registration must be received by Aug 13 to receive a discount. Registration forms are available at www.bfr06.com, by e-mail at bfa5kroadrace@gmail.com or by calling 312-5648. Online registration is also available at www.running4free.com. Race day registration will also be available.



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- First day: September 3, 2019

Questions? kasia@santbani.org
Register for fall enrollment: www.santbani.org

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